

## **Boiled Sweet Potatoes**

Preparing sweet potatoes by boiling is quicker than baking them. However, they lose some of their flavor and texture. The amount of sugar necessary can be adjusted based on the amount of sweet potatoes used. Sugar substitutes are not recommended, as they do not mix well with sweet potatoes. Sweet potatoes are typically eaten at holiday meals. However, they're delicious any time of year and can be cooked from home grown sweet potatoes. Fingerling potatoes chop easier than full sized ones. Fresh potatoes take longer to boil than canned ones, so adjust cook time accordingly. Fresh from the garden snacks.

### **Pre Cook Preparation:**

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

### **Meal Adaptations:**

#### **Physical Accommodations:**

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

#### **Visual Accommodations:**

- Colored chopping boards

#### **Potential Food Allergy or Intolerance:**

- Brown sugar
- Butter (lactose)
- Pepper
- Spices
- Sweet potato

#### **Meatless Preparation Avoid:**

- Butter
- Substitute with: \_\_\_\_\_

### **Utensils:**

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon.
- Pan: 2 quart sauce pan

**Ingredients:**

**Meat: None**

**Vegetables:**

15 ounces of sweet potatoes (diced or sliced)

**Other ingredients:**

1/2 cup of brown sugar

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

1. Wash and slice or dice sweet potatoes.

\* Fresh sweet potatoes will require an hour of cooking time.

2. Add to a 3 quart pan:

1/2 cup of brown sugar

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

15 ounces of sweet potatoes (diced or sliced)

Enough water to cover sweet potatoes

3. Cook over medium heat.

4. Stir every 10 minutes, turn heat down 1/3 each time.

**Cook Temperature: Medium to low**

**Cook Time: 30 minutes**

**Servings: 4 to 5**

**Storage Solutions: Square containers in individual servings**

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.